

Story and photos by STAFF SGT. SEAN EVERETTE

SCHOFIELD BARRACKS — Boom!

25th Infantry Division Public Affairs

sounded the artillery, and smoke from the guns wafted across the field. This was no battlefield, however.

This was a reawakening on Weyand Field, here. After nearly a decade, the 25th Infantry Division Artillery was reborn in a ceremony, Wednesday.

DIVARTY cased its colors June 15, 2005, as the Army transitioned to a then-new warfighting configuration.

"It's kind of like being cut from a team," said the last DIVARTY commander, Col. (now Maj. Gen.) Gary H.

As the saying goes, however, what's old is new again. The Army is again refining warfighting configurations and the 25th ID saw a need to bring DI-VARTY back to life.

'There's two different reasons," Col. Christopher Cardoni, the new DIVAR-TY commander. "One, to bring back that operational-level planning and execution capacity and capability for the division. And then also, create division-wide standards and certification programs to ensure we get back to our core skills."

Cardoni said those core artillery skills — planning, integration, syn-

chronization and execution of fires were in decline. Some brigades were fine, but above the brigade level, the capacity and capability to do it just wasn't there. Fixing this is DIVARTY'S primary mission.

"We have the experts at DIVARTY," said Command Sgt. Maj. Jim Cabrera

### See DIVARTY A-7

Col. Christopher Cardoni (center), commander, DIVARTY, and Command Sgt. Maj. Jim Cabrera Sr., DIVARTY senior enlisted advisor, uncase the colors at the DIVARTY reactivation ceremony on Weyand Field, Wednesday.



## 71st Chemical preps for survey, sampling mission in Kuwait

Story and photo by STAFF SGT. TARESHA HILL 8th Military Police Brigade Public Affairs 8th Theater Sustainment Command

MARINE CORPS TRAINING AREA — When it comes to handling chemical and biological compounds, there's zero room for error, making realistic training exercises — like the one conducted, here, recently, by Soldiers of the 71st Chemical Company, 303rd Explosive Ordnance Disposal Battalion, 8th Military Police Brigade, 8th Theater Sustainment Command troops — a critical part of deployment preparation.

After two full weeks of classroom and hands-on instruction, the 8th MP Bde. Chemical, Biological, Radiological and Nuclear (CBRN) company put its knowledge and skills to the test during a weeklong field training exercise.

The unit's upcoming mission to Kuwait will be the first time the entire company has deployed together, and while many of its Soldiers have no combat experience, the company commander, Capt. Craig Brown, said their performance during the exercise was exceptional and built up the company's confidence.



The 71st Chemical Co. conducts decontamination procedures while wearing protective posture gear during a September field training exercise. The upcoming mission to Kuwait will be the first deployment, together, of the entire company.

In addition to the routine dismounted reconnaissance mission, in which the unit is already well-rehearsed, the exercise certified the troops in two highly technical skills they'll be using downrange: site surveying and sampling procedures.

Robert Nevels, an expert in CBRN equipment and joint project manager for nuclear, biological and chemical contamination avoidance, coordinated those areas of the training.

Nevels instructed the Soldiers on the \$1 million worth of equipment they will use during deployment, and Dr. Carrie A. Poore, biologist, and Dr. Shawn Davies, chemist, both with the U.S. Army Edgewood Chemical Biological Center, certified them on site surveying and sampling techniques.

Poore said that when the troops encounter homemade laboratories, they must be able to recognize the production processes of the different chemical and biological compounds they

"It's crucial to know how to safely and correctly take samples, which would later be used in a court of law," said Poore.

## PRMC names its best medics

SPC. PAXON BUSCH

Pacific Regional Medical Command **Public Affairs** 

SCHOFIELD BARRACKS — Six medics from across the region competed for the title of Pacific Regional Medical Command Best Medic, here, Sept. 21-25.

Medics from Tripler Army Medical Center, Schofield Barracks Health Clinic and Medical Department Activity-Korea began the first day of the competition with a physical fitness test, obstacle course, and day and night land navigation.

On day two, the competitors completed the Combat Trauma Lane, where they were given multiple trauma casualties in a simulated combat environment and were expected to conduct all steps and measures without causing further injury. Soldiers then continued on to the stress shoot qualification, a combination of physical challenges and a M16 qualification, before taking a written test. For their final day, the medics had three hours and 45 minutes to

complete a 15-mile ruck march. Sgt. Paul Huck, PRMC, and Sgt. Justin Run-

See PRMC A-7



Sgt. Paul Huck, PRMC, low crawls under barbed wire to complete the obstacle course during the PRMC Best Medic Competition, Sept. 21-25.

being able to open the event up to the Soldiers' families, too," said Sgt. 1st Class Joseph Strnad, manager, 8th STB Comprehensive Soldier & Family Fitness Program and hike leader.



Sgt. 1st Class Joseph Strnad, 8th Special Troop Battalion

8th Special Troops Battalion Soldiers and their families complete a month dedicated to resiliency and suicide-prevention training with a morning hike up the Makapuu Point Lighthouse Trail, Sept. 26.

### 8th STB hikes for suicide prevention

8TH THEATER SUSTAINMENT COMMAND **PUBLIC AFFAIRS** 

FORT SHAFTER - 8th Special Troops Battalion troops and their families wrapped up a month dedicated to resiliency and suicide prevention training with a morning hike up the

Makapu'u Point Lighthouse Trail, Friday. The unit hosted more than 10 training sessions at the Aliamanu Military Reservation

Chapel and at Schofield Barracks throughout September, providing an opportunity for its 500-plus Soldiers to share active conversations about suicide prevention and resiliency tools.

September was National Suicide Prevention Month, and this year's Army theme for the month was "Enhancing Resiliency - Strengthening Our Professionals."

"The most important part of the hike was

"The resiliency skills are there for both our Soldiers and their families to use in all parts of their lives."

During the morning event, five Master Resilience Trainers (MRTs) guided discussions on how to be Army fit, foster essential resilience-building techniques to overcome setbacks, and promote personal and professional growth.

Strnad said the idea is to embrace and integrate these principles and tools into daily life.

The MRTs described their favorite resiliency skills and shared examples of how they apply those skills in their day-to-day lives, including various goal-setting techniques, "hunting the good stuff" or finding the positive in all things, and identifying thoughts and the consequences of those thoughts.

"We'll continue to have these kinds of hikes and family events," Strnad said. "We really pushed our resiliency efforts to another level, together."



HAWAII

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## Army recognizes disabled Americans in Oct.

JOHN M. MCHUGH Secretary of the Army

RAYMOND T. ODIERNO Army Chief of Staff

RAYMOND F. CHANDLER Sergeant Major of the Army

The Army's observance of National Disability Employment Awareness Month remains important to our communities as we recognize the countless contributions Americans with disabilities make to our Army on a daily basis. To this end, it is our responsibility to acknowledge and honor these individuals by continuing to implement effective policies and practices that increase their employment opportunities.

We express our deepest gratitude toward Americans with disabilities. From disabled veterans serving in our civilian workforce to Soldiers returning home as wounded warriors, these courageous men and women have overcome physical and emotional difficulties with strength and resiliency. Americans with disabilities successfully serve in today's Army in a spectrum of occupations and provide a talent pool with the depth of fective fighting force. Our Army is much stronger today because we include and value them as part of our diverse work-

This month, join us in giving special recognition for the past and present contributions that Americans with disabilities have made and continue to make building our great nation and Army. We encourage our entire Army family to publicly honor their service and sacrifices; they have helped make our Army what it is today — a place where people

gether in service to our nation.

Army Strong!

Raymund & Chandler of

## -FINTSTEPS in FAITH-

## Change your life to be a leader

CHAPLAIN (MAJ.) JOHN GRAUER Plans and Operations

U.S. Army Garrison-Hawaii

One of the greatest leaders in the Bible was King David.

For forty years, David ruled with skill and integrity. God molded him into a leader who had the ability to inspire his team of misfit warriors to overcome incredible challenges. For David, being a leader was about conquering obstacles, facing adversity and moving forward, no matter what the situa-

Yes, David was human! He failed many times, but it's the actions he took, the ability to assess, adapt and take risks, that made him a successful leader.

First, leadership **is a decision.** You have to choose to be a leader. You decide



what you want to do with your life and, even more importantly, why you want to

I remember this saying:

"Look deep inside yourself and find out what your passion really is.

What gives you life? Are you afraid of going after what you truly want, because you might fail?

"Leadership is about seeing possible solutions in the everyday problems of life."

Second, leaders communicate their goals. This is simple; tell your associates, your subordinates, your friends, place it on a screen saver. Set up goals along the way intermediate goals, advanced goals — and celebrate those goals when you reach them! Sign up for a 5K, half-marathon, marathon set a goal and train.

Third, have a plan. Reaching the finish line of a 26.2-mile race requires a focused, detailed strategy. As a person who has run numerous marathons, I ensure, before the race, that I have all the information I need to be successful. Whatever you do, have a well-thought-out plan and follow it.

Fourth, deal with change. "If I risk nothing, I gain nothing." Leaders have to be prepared to assess, adapt and take risks (but not stupid risks!). Calculated risks might include a new training regime. I like this saying: "If you always do what you've always done, you'll get what you always got."

Finally, leaders prepare for the worst and hope for the best. The real world is an adventure, full of challenges. It's these challenges that help us learn and grow. They help us become a little wiser, a little stronger, and a little bolder and ultimately a much more determined you! You will fail; sometimes the challenges of life will overwhelm you and you will fall down, but it is your determination that will help you get back up and eventually succeed.

David faced many challenges, defeated an enemy much larger than himself, sought after personal growth, and continually developed the means to improve his leadership abilities. A study of David's strengths and weaknesses provide us with insights to study leadership, and to ultimately rise up and become leaders who serve our nation, our family and our God. The decision to be a wise leader can ultimately change your life and it will affect everyone your life touches.



Friends and families who lost loved ones, while serving in the military, gather to honor them at "Gold Star Mother & Gold Star Family Day" at the National Memorial Cemetery of the Pacific at Punchbowl, Sunday. About 40 wreaths and pairs of boots were laid at the foot of the Lady Columbia statue.

## Fallen remembered during 'Gold Star Mothers and Families Day'

JACKIE M. YOUNG **Contributing Writer** 

HONOLULU — About 150 friends and family members of fallen servicemen and women gathered at the National Memorial Cemetery of the Pacific, Sept. 28, to remember their loved ones during "Gold Star Mother & Gold Star Family Day."

This is the third year, locally, that Gold Star Family Day

"In 2012, I was at my son's gravesite, here, at Punchbowl," recounted Elisabeth "Lis" Olsen, family support officer and the driving force behind Survivor Outreach Services (SOS) at Fort Shafter, "and I thought to myself: 'I'd like to place a wreath to honor my son, Toby, at the feet of Lady Columbia! What would it take to do that?"

Olsen successfully navigated the bureaucratic channels and that same year, a small group of survivors were allowed to place wreaths at the foot of the iconic statue representing liberty and the country, at Punchbowl.

The ceremony has grown to the recognition it receives today, with attendance and speeches on Sunday by such dignitaries as Col. Richard A. Fromm, commander, U.S. Army Garrison-Hawaii; Michael S. Amarosa, director, Family and Morale, Welfare and Recreation, USAG-HI; and state Rep. Mark Takai (a member of the Hawaii Army National Guard for 14 years), among others.

After the official speeches, family members walked the steps with boots and wreaths to commemorate their loved ones, to a platform just below the Lady Columbia statue, where the boots and wreaths were placed.

Olsen spoke to the audience about the deep significance of being able to publicly honor fallen loved ones. She introduced three teen children of fallen service members, who read poems or spoke, personally, about the loss of their loved ones.

"I never asked why he went to war," read Bj Mikasobe, 15, of his dad, Sgt. Jensen Mikasobe, Company A, Warrior Transition Battalion, Tripler Army Medical Center, from a poem. "I didn't care why he was sent. I was too busy enjoying the life I had, because of my dad. I finally understood my dad, but it hurt so much. He sacrificed so much so I could be free. And his battle scars, he suffered for me."

For Leo Viray, 58, and his wife, Luz, 57, the ceremony also held deep meaning for them so they could memorialize their son, Chief Warrant Officer 2 Don Viray, a pilot with the 25th Combat Aviation Brigade, 25th Infantry Division, who died at age 25 in Afghanistan in

"Don spent five years in the Hawaii Army National Guard and three years in active duty," said Leo. "Yesterday we walked, with Don's boots on the float, in the Aloha Festivals Parade in Waikiki.

"This is the second year we're honoring him at Gold

Olsen says someone else will be taking over the reins as she and her husband, Col. James Olsen, TAMC, will be retiring and moving to San Antonio, Texas.

'The new person will have to carry the torch onwards," said Olsen.



(Left to right) Sister Sherry Viray and parents Leo and Luz Viray place a wreath and the boots of their family member, Chief Warrant Officer 2 Don Viray, pilot, 25th CAB, at the foot of the Lady of Columbia statue at the National Memorial Cemetery of the Pacific at Punchbowl, Sunday. The ceremony was the third year observing Gold Star Mothers & Family Day.

### **Gold Star Mothers and Families**

Mothers and family members who've lost a loved one while serving in the military can be identified by the wearing of a gold star pin.

In 1936, Congress officially designated the last Sunday in September as "Gold Star Mother's Day," derived from the American custom during World War I of families hanging a Top: Gold banner or flag from the window of their homes with a colored star to denote a family member serving in the armed forces. A blue star meant the person was still living, but a gold star meant a family lapel button. member had been killed in the line of duty.

In 2012, Gold Star Mother's Day was formally expanded to include Gold Star Families, and this year, Sept. 28 was officially proclaimed as Gold Star Family Day by the State of Hawaii.

October is National Disability Employment Awareness Month

"Why do you think it's important to support those who are challenged in some way?"

Photos by 8th Theater Sustainment Command Public Affairs



"Every leader should take care of someone with special needs to help the less fortunate. They have incredible spirit."

Lt. Col. Mike Dolan Chief of Operations, 18th Medical Command



"The Army is all about helping those who can't help themselves, and the disabled fall into that category.'

Spc. Eric Feinberg Intel Analyst, 205th Military Intelligence Battalion, 500th MI Brigade



"I believe that it is important to care for everyone with special needs because it adds to the diversity that we have in the Army."

**Chief Warrant** Officer 4 **James Moore** Mobility Officer. U.S. Army-Pacific



"Supporting them will make their life a whole lot easier."

Pfc. Gerardo Rivera Intel Analyst, | 205th Military Intelligence Battalion, 500th MI Brigade



"We all are special in our own way; it's those who stand out from the rest that we should care for, because we'll learn something about ourselves. **David Willis** 

Star lapel

**Bottom:** 

Next-of-kin

of-deceased

Chief Spectrum Manager, U.S. Army-Pacific

## 'Wolfhounds' take infantry tactics back to the basics

STAFF SGT. TRAMEL GARRETT 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — It is the oldest combat arms branch and one of the most physically and psychologically demanding specialties in the

Training to defeat America's enemies is a vital task for an infantryman, and Company C, 2nd Battalion, 27th Infantry Regiment, "Wolfhounds," 3rd Brigade Combat Team, 25th Inf. Division, is up to the task.

To keep the upper hand on the battlefield, the Wolfhounds constantly train on basic infantry tactics. For this reason, Charlie Co. participated in a squad, live-fire exercise, Sept. 21-23.

"We are working the fundamentals at the squad level," said Capt. Brendan McCormick, company commander. "Our guys will get comfortable moving with their weapons over long distances.'

The missions were broken down to squad-level in an effort to challenge young leaders under stressful circumstances. The result will build lethal platoons and, ultimately, make the company stronger.

"When we have strong building blocks at the lowest levels, we will have



A Wolfhound assigned to Co. C, 2-27th Inf. Regt., scans ahead for enemy targets during a squad live-fire exercise,

a good foundation to continue to grow as a team," said McCormick.

McCormick wants to ensure that the young leaders are proficient in all

progressing and that they have the

"I hope, after these three days, they on," said McCormick.

of their tasks, confident that they're walk away challenged, feeling confident as infantrymen, but also knowing ability to adapt to different situations. they have things they need to work

One of the biggest challenges was the march over steep hills through dense woods and thick underbrush. Day and night, it was very physically demanding.

"The more training we do, the better prepared we are to engage the enemy," said Sgt. 1st Class Roberto Zuniga, platoon sergeant. "The Soldiers are getting great training, especially in this environment and terrain."

The Wolfhounds completed numerous tasks, such as reacting to contact, medical evaluation and tactical movements. Some of the squads were newly formed, providing the leaders a chance to see their Soldiers in action.

"You can see the mindset of your guys and how tactical they're going to be on the battlefield," said Staff Sgt. Josaiah Milo, squad leader. "A majority of these Soldiers have never deployed before, and this will give them a better understanding."

Milo feels this training is vital to his squad's future missions and was very pleased with the abilities of his Soldiers.

"I know my squad did very well," said Milo. "I'd always like to leave the range flawless, but that will never happen. There's always room for improvement.'

## 3/7th Field Artillery fires on 'enemy'

Story and photo by STAFF SGT. TRAMEL GARRETT

3rd Brigade Combat Team 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Cannoneers of the 3rd Battalion, 7th Field Artillery Regiment, polished their skills with a live-fire exercise, here,

Sept. 22. "The intent of this training was for my guys to certify and work on a variety of different fire missions," said Sgt. 1st Class Eric Pisano, first sergeant.

The artillery Soldiers trained day and night for a live-fire verification with an M119 Howitzer in efforts to become experts in their field. This is vital during deployments as these Soldiers must be able to respond quickly

to situations which may arise.

"This will sharpen their skills immensely," said Pisano. "The only way you can get better at your job is training. This is how you get proficient at your military occupational specialty

The training included illumination missions that shed light on targets and fire support missions that would suppress or eliminate enemies.

"Field artillery is considered the king of battle and we're here to support the troops on the ground," said Pisano. "We train because it's important to send steel downrange, but we have to do it safely and in a timely manner."

Sending rounds downrange is important to Sgt. David Beckum, team

chief. He takes his job very seriously as he has saved lives on the battlefield in the past: It was a hot day in Iraq and an infantry squad found themselves in a firefight. It seemed as if the rounds were not slowing down and they were in trouble. It was time to call for fire support. Beckum and his team fired rounds to suppress the enemy.

He recalls an infantryman approaching him in a dining facility and thanking him for saving his life.

"He told me we would have lost some brothers-in-arms if we didn't suppress the enemy that day," said

(Editor's note: The 3-7th FA falls under the 3rd Brigade Combat Team, 25th *Infantry Division.*)



(From left) Sgt. David Beckum, team chief, 3-7th FA, gives orders to Sgt. Jacob Reedy, cannon crewmember, and Spc. Jonathan Huntress, assistant gunner, during a live-fire exercise, Sept. 16.

**A-4** | OCTOBER 3, 2014 HAWAII ARMY WEEKLY

## CID online application portal seeks special agents

U.S. Army Criminal Investigation Command **Public Affairs** 

QUANTICO, Virgina — The U.S. Army Criminal Investigation Command (CID) recently launched a new centralized recruiting program, part of which features an online application process aimed at recruiting qualified Soldiers to become CID Special Agents.

Special Agent Frank Jeppe, the Recruiting Operations Cell (ROC) team's non-commissioned officer in charge, explained that the initial questionnaire takes only minutes to answer.

"There are 13 basic qualification questions," Jeppe said. "If the Soldier is qualified, an alert message is sent to the ROC at CID headquarters and we contact the candidate."

Once contacted by the ROC, Soldiers are then given access to the CID-APP where they will build their application packet online. The process consists of filling out the special agent application forms and uploading supporting documents, such as their enlisted records brief, driving record, credit reports, and letters of rec-

During this phase of the application process, the ROC team can monitor the candidate's progress and is available to answer questions or provide assistance to Soldiers while they build their application packet.

The ROC team will also conduct the various name and background checks required for potential special agent candidates, as well as coordinate with the applicant should any additional documentation need to be added to their application.

After the application packet is complete, the ROC will then notify the closest CID office to the applicant's duty station to schedule a meeting with the Soldier and initiate the applicant's autobiography, medical screening request form, security clearance request and to conduct a required panel interview by current CID Special



Following the panel interview, results and final documents are uploaded into the applicant portal and verified by the ROC. Completed packets are then referred to the Special Agent Accreditation Division for final quality control

check and referral to the selection panel.

#### What it takes

"Being a special agent is an opportunity to be a part of something significantly larger than oneself," said Special Agent David Eller, special sexual assault investigator, Fort Carson, Colorado, CID. "You are often placed in a position of great responsibility, whether

it's protecting a dignitary at a foreign summit, to working a murder case, you have to be on your 'A' game every day." We need agents who'll take ownership

> of their investigations, but the most important thing we're looking for is unquestionable integrity," he added.

Serving a population of more than 1 million Soldiers, civilians, contractors and family members, CID provides an invaluable resource to the Army and commanders at posts,

camps and stations. "Many people don't realize the impact we have on a person's life and the impact we have on the Army," said Special Agent Edgar

#### **WANTED: Special Agents**

CID agents are sworn federal officers, responsible for investigating felony-level crime where there is an Army nexus. Agents in the field routinely conduct protective-service operations for the Department of Defense senior leadership, counter-narcotic operations, develop criminal intelligence, and work with other federal, state, and local law enforcement agencies worldwide to solve seri-

To start the online application process, Soldiers must access the Common Access Card (CAC)-enabled recruiting portal through the CID website, www.cid.army.mil and click on the "Join CID" link. Currently, the online application process is only open to the active component.

Contact the CID Recruiting Operations Cell at USArmy.Join-CID@mail.mil or call 571-305-4348.

For more information on Army CID, visit www.cid.army.mil.

Collins, the assistant operations officer for the CID Washington Battalion. "In a sense, we are defending the honor of the United States Army."

"These are people who have had a crime committed against them, not just to their property, but them. So what we do, day in and day out, is extremely important," he said.

Prospective agents attend the CID Special Agent Course at Fort Leonard Wood, Missouri. For 15 weeks, candidates receive advanced training in various specialized investigative disciplines, and upon graduation, become sworn federal law enforcement officers.

## TSP contributions important in addition to a pension

C INTEGRITY

KISHA A. TAYLOR

Federal Retirement Thrift Investment Board

The Thrift Savings Plan offers you the chance to save for additional retirement security at an extremely low cost.

But you may believe you don't need to save for retirement because you'll receive a pension after 20 years of service.

Truth is, your military pension alone may not be enough. Here are four reasons to contribute to the TSP.

1- Most Soldiers don't stay 20. Only about 17 percent of those who join the military

actually serve the full 20 years. Twenty years is a long time, and if you leave the military before then, you won't get anything. But the beauty of the TSP is that you can use time to your advantage.



Let's say you're an E3 and decide to save 5 percent of your basic pay in your TSP account. Your monthly contributions would be about \$90.

If you left military service after only five years, you could already have almost \$7,740\*. In 20 years, that amount could grow to thousands more!

2. Your pension is half pay. Even if you do serve for 20 years, your pension will only be half your pay. If you stay for 20 years, you'll get a monthly pension equal to roughly 50 percent of your basic pay.

Many financial planners estimate that retirees will need at least 80 percent of their regular income to live comfortably after they stop working. And remember that your pension would not include a housing allowance, utilities and subsistence allowance.

3. Tax-exempt combat pay. The Roth option could work for you, especially if you're going to a combat zone. Any money you make while in a combat zone is tax-

So, if you contribute combat zone pay to the TSP's Roth option, you will never pay income taxes on those contributions, and your earnings can also be tax-free if certain conditions are met\*\*. Even if you aren't going to a combat zone, Roth gives you the opportunity for tax-free growth.

4- You can take it with **you.** If you decide to leave military service before you're eligible for a military pension, you can still keep your TSP retirement account. If you take a federal job, you'll be able to continue making contributions to the

Even if you don't take a federal job, you can continue to manage your investments while your savings grow.

The Future. Whether you decide to retire from the military or your career goes in a different direction, you can invest in your future by investing with the TSP. It can mean the difference between a comfortable retirement and a difficult

(\*Assumes a 6 percent annual rate of return, compounded monthly. \*\*Roth earnings are paid tax-free if 1-You have reached age 59½, have a permanent disability or have died, and 2-Five years have passed since Jan. 1 of the year you made your first Roth contribution.)

#### **Retirement planning**

Visit myPay and choose the "Thrift Savings Plan" option to start saving. To estimate how much your account could grow over time, visit www.tsp.gov/planning tools/retirementplanning/howMuchTo Save.shtml.

## Foundation honors TAMC organ donation efforts

ANA ALLEN

Pacific Regional Medical Command

HONOLULU — Legacy of Life Hawaii (LLH) presented Tripler Army Medical Center with the Health and Human Services Medal of Honor Award, its highest honor, for organ and tissue donation best practices, here, Sept. 25.

Dr. Stephen Kula, president and CEO, LLH, thanked Col. David Dunning, commander, TAMC, for his support of the program and commended the hospital for its past efforts in achieving a donation rate of 83 percent of eligible organ and tissue donors, helping to ensure more lives could be saved.

This percentage exceeds the national goal of 75 percent conversion of potential donors into actual donors.

"We applaud Tripler for its efforts in achieving this level of excellence, and for its work in improving the donation process which continues to help save lives," stated Kula.

Dunning thanked LLH for the collaboration that makes donation possible and acknowledged the TAMC staff for its significant efforts in achieving the recognition.

'While this is a very sensitive subject, it's also



Dr. Stephen Kula (center-left), LLH president and CEO, thanked Col. David Dunning (centerright), TAMC commander, for his support of the program. Also pictured from left to right: Nancy Downes, LLH director of marketing, Albert Newmann, LLH hospital services director, Lt. Col. Donald Helman Jr., TAMC critical care chief, Capt. Nick Maffey, TAMC ICU staff nurse and Manny Archangel, TAMC ICU clerk.

a very sacred one, because we are fulfilling the last wishes of an individual to donate his or her organs so that others can live," Dunning said.

organ failure awaiting a life-saving heart, liver,

more than 400 here in Hawaii, are in end-stage

Nationally, nearly 125,000 people, including

To register as a donor, check "yes" in the organ donor section of your driver's license or state identification card registration or visit legacyoflifehawaii.org.

lungs, kidney or pancreas transplant. Millions more are in need of life-restoring tissue.

LLC also invited Dunning to participate in the nationwide "Hospital CEO Rose Dedication." A single rose with a short message inscribed by Dunning will be on display alongside thousands of roses dedicated by hospital CEOs across the country to be placed on the Donate Life Float's dedication garden during the annual New Year's Day Rose Parade. Dunning's message reads:

"The Soldiers, civilians and family members of Tripler Army Medical Center salute the heroes who selflessly gave the precious gift of life through organ and tissue donations.'

The Donate Life Float showcases the life-saving and healing benefits of organ, tissue and eye donation, and serves as a memorial to donors.

## Hawaii Pacific offers medics path to Bachelor of Nursing

HAWAII PACIFIC UNIVERSITY News Release

HONOLULU — As an extension to its noted nursing programs, Hawaii Pacific University has added a new pathway for military medical per-

sonnel who want to pursue a Bachelor of Science in Nursing (BSN).

"The new pathway, the LVN/LPN (licensed vocational/practical nurse) or (medic)-to-BSN track, provides an opportunity for (medics) to take a national standardized exam to demonstrate equivalence in training and education to a licensed vocational nurse," said Dr. Lynette Landry, dean of HPU's College of Nursing and Health Sciences. "This means that the (medic) who passes the exam will be required to take courses that are equivalent to those required of an LVN/LPN who is seeking RN (registered nurse) licensure. For both LVNs and (medics), there are now standardized exams that they can opt to take instead of our required courses."

This requirement allows an LVN or medic, and the mainland who received (medic) training who has been working or who has had coursework in specific content areas, a way to demonstrate knowledge and receive academic credit without taking the course.

increased demand for BSN-prepared nurses

across care settings, including hospital, primary care, home health, hospice and public health.

'Currently, there is also a lessening

demand for LVNs, and so this pathway was created to provide an opportunity for the LVNs and (medics) to gain the educational preparation needed to be competitive in the job market or graduate school applications," Landry added.

The new pathway is for applicants who are HPU students and transfer students from Hawaii

while serving in the military.

HPU is hoping to have their first class of these students in the spring 2015 semester.

HPU has one of the largest baccalaureate nurs-This new pathway can be integral in filling the ing programs in Hawaii and continues to play a critical role in meeting the growing nursing needs

> of hospitals, clinics and other health facilities care around the state. In addition to its degree programs, the college offers spe-

cialized certificates in transcultural nursing and forensic nursing.

HPU's undergraduate and graduate nursing programs are accredited by the Commission on Collegiate Nursing Education.

(Editor's note: According to Dr. Pamela Almeida, BSN department chair, HPU, the program **HPU Bachelor of Science in Nursing** 

Applications to the program close on Oct. 15. Active component medics (or veterans), and LVN/LPNs with a Hawaii license, are eligible to apply. Call 236-

To learn about receiving academic credit based on military medical experience, visit www.acenet.edu/newsroom/Pages/Military-Guide-Online.



was established for Navy corpsmen and that name remains. Army medics may also participate, with many of them receiving credit toward their degrees based on their experience as Soldiers. In this HPU news release, "corpsman" was replaced by "medic," in parenthesis, for clarity.)

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Send announcements for Soldiers and civilian employees to news@ hawaiiarmyweekly.com.

### Today

Veterans' Designations — Veterans' designations are available for Hawaii driver's licenses, state IDs, and instruction permits as of Wednesday. Persons who received a discharge other than dishonorable are eligible. Applicants must provide proof of qualification. Visit http://hiddlocs.com or http://hidot.hawaii.gov/hawaiis-legal-presence-law/ and http://hidot.hawaii.gov/hawaiistateid/.

**HSO Closed** — The Shafter Housing Services Office is closed, reopening Oct. 8. The Schofield HSO (Bldg. 950, 215 Duck Road) will remain open to assist. Call 655-3073.

### 6 / Monday

TLW — Residents in the vicinity of Schofield Barracks may hear periodic increases in aviation noise, 6-8 a.m., Oct. 6. A Black Hawk will fly over in observance of the Division Run during Tropic Lightning Week.

### 9 / Thursday

Long-Term Care — Garrison employees and their spouses are invited to attend an informational workshop on the Federal Long-Term Care Insurance Program, 1:30-3 p.m., Oct. 9, at the Directorate of Human Resources Lanai, Bldg. 750, Schofield Barracks. Call 655-0107.

Hispanic Heritage South — Celebrate Hispanic Heritage Month at the Grand Lanai at the Fort Shafter Exchange, 11 a.m.-12:30 p.m., hosted by the 94th Army and Air Missile Defense Command. The guest speaker is Lt. Col. Alberto Rodríguez.

### 11 / Saturday

Living History Day — See history come to life at the Tropic Lightning Museum, Schofield Barracks, 10 a.m.-3 p.m. Civil War re-enactments take place at 10 a.m. and 12:30 p.m.; a K-9 demonstration at noon

and 2 p.m.; and a children's sidewalk chalk contest at 2:30 p.m. Call 655-0438.

HAWAII ARMY WEEKLY

### 29 / Wednesday

**Water Outage** — Six houses (6314, 6315, 6318, 6319, 6322, and 6323) on Aliamanu Military Reservation's Nim Place in the Skyview community will have their water turned off, 8 a.m.-2 p.m.



### **Ongoing**

SNAP Benefits — The federally funded SNAP program provides crucial food and nutritional support to qualifying low-income and needy households. State agencies determine applicant eligibility and monthly benefits. For more information about SNAP and other Department of Human Services benefits, visit www.humanservices.hawaii.gov/bes sd/snap.

Supportive Services for Veteran Families — An additional \$207 million in Supportive Services for Veteran Families (SSVF) program grant awards will help an additional 70,000 homeless and at-risk veterans and their families. Call (877) 222-8387.

CFC — The Combined Federal Campaign is the world's largest and most successful annual workplace charity campaign, with more than 150 CFC national and international campaigns raising millions of dollars each year. Defense Department employees nationwide have the opportunity to give to the DOD campaign through Dec. 15. Visit the Combined Federal Campaign at www.defense.gov/home/features/2014/0914\_cfc/.

Donor Center needs donations of platelets, which are essential to saving lives as a component of blood that helps to stop bleeding. Donors may watch TV or read while they're donating. Call 433-6148 for details.

**Performance Triad** — Soldiers, civilians and family members are invited to take a survey about the Performance Triad. Visit http://go.usa.



Staff Sgt. Tramel Garrett, 25th Infantry Division Public Affairs

HONOLULU — Soldiers assigned to Company B, 209th Aviation Support Battalion, 25th Combat Avn. Brigade, 25th Infantry Division, sling-load a Navy A-4E Skyhawk to a Marine CH-53 Sea Stallion during joint sling load operations at the Naval Air Museum, Naval Air Station Barbers Point, Sept. 24. The aircraft was then moved to Joint Base Pearl Harbor-Hickam in preparation for last weekend's "Wings of the Pacific" airshow.



4 / Saturday

ing Schofield Barracks buildings

will be affected by a scheduled

power outage, 7:30-10:30 a.m.:

2486, 2408, 910, auto hobby, 909,

908, 2802, 2800, 2805, 950, 2818,

2816, 2814, 2812, 2810, 930, 934,

935, 936, 3010, 3026, 3021, 3004,

3005, 1279, 1280, 1283, 2069, 2037,

2038, 2040, 3031, 3032, 3035, 3030,

2031, 2032, 2033, 2034, 2027, 2029,

2026, 2098, 694, PX, 3321, 3320,

Mendonca Park Housing (ALL).

The list of impacted buildings

may not be specific and all-inclu-

Generator Support: 140, 3010.

sive. Call 656-7051.

Bldgs 140, 133, 130,

131, 132, 80, 2610,

2640, 2641, 2420,

2606, 2400, 2440,

2459, 2446, 2460,

2480, 2509, 2510,

Power Outage — The follow-

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army. mil/info/trafficcalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

### October 6 / Monday

AMR Closures — Aliamanu Military Reservation will have several traffic modifications, at Skyview Loop and Aliamanu Drive for underground utilities work. All work will be done 8

a.m.-4:30 p.m.

• Aliamanu will be completely closed at Ama Road, through Oct. 6.

Aliamanu between Ama and Okamura Street will have one-lane traffic control between Ama and Oka-

mura, Oct. 7-Dec.1.
• Aliamanu will be completely closed between Okamura and Rim Loop, Dec. 2, 2014-Feb. 2, 2015.

### 10 / Friday

Kahauiki Kontinues — Intermittent, hour-long, full-bridge closures take place, today, 9 a.m.-5:30 p.m., and again on Oct. 11, 13 and Nov. 10. Lane closures will be 24 hours a day through Nov. 10. Clo-

sures start at Funston Road and Kahauiki Stream Bridge, ending at the intersection of Annex Road and Kahauiki Stream Bridge.

### 14 / Tuesday

Modified Traffic Flow — There will be a road closure at Schofield's Aleshire Avenue, near Bldgs. 2027 and 2087, for utility installation. Traffic will be redirected to alternate routes until Oct. 29.

**Signal Road** — A full road closure takes place at Signal Road, adjacent to Suehiro Road, for removal and installation of a new roadway security manual bollard system, 7:30 a.m.-4:30 p.m., Oct. 14-31.

HMR Power Outage — There will be an electrical outage for Helemano Military Reservation housing units, Bldg. 2186 & 2184, 8:30 a.m.-2:30 p.m., Oct. 14 and 16.

## November 22 / Saturday

Trimble Road — Both outbound lanes on Trimble Road will be closed 6:30-8 p.m., Nov. 22, to support the 2nd Stryker Brigade Combat Team's Turkey Trot 5K. Trimble outbound lanes will be closed from Cadet Sheridan to Mellichamp Street, Schofield.

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## 2nd SBCT dominates paralegal challenge

STAFF SGT. CARLOS R. DAVIS 2nd Stryker Brigade Combat Team Public Affairs 25th Infantry Division

SCHOFIELD BARRACKS — An Army paralegal specialist's job is to help maintain law and order, and to help ensure the punishment fits the crime. However, when it comes to basic soldiering skills, one paralegal stands out from of the rest.

#### The Paralegal Warrior Challenge tasks/qualifications

Competitors from around the Pacific were tested on warrior tasks; assembly and disassembly of weapons; weapon qualification; written examinations; a question-and-answer board; an Army physical fitness test; a road march; a general knowledge examination on their specific military occupation; and a timed 100-meter swim test.

Spc. Glen Swanson, paralegal specialist, Headquarters and Headquarters Company, 2nd Stryker Brigade Combat Team, 25th Infantry Division, won the U.S. Army-Pacific's Paralegal Warrior Challenge, Sept. 15-19.

The Paralegal Warrior Challenge has been dominated by 2nd SBCT Soldiers for the past three years, and Swanson knew it was his turn to carry the torch.

"I have been really lucky to be surrounded by great leaders and peers who push me to reach my potential," he said. "They always supported me in whatever I was doing to prepare



Staff Sgt. Kyle J. Richardson, U.S. Army-Pacific Public Affairs

Spc. Glen Swanson, paralegal specialist, HHC, 2nd SBCT, is flanked by Sgt. Maj. Cyrus Netter (left), command paralegal, and Col. Rick Martin, staff judge advocate, USARPAC, as he is awarded the Army Commendation Medal for his efforts during the USARPAC Paralegal Warrior Challenge, Sept. 20.

for this challenge."

Swanson's leaders describe him as highly motivated.

"He is the type of Soldier who wants to do everything," said Staff Sgt. Deborah Denny, paralegal noncommissioned officer, HHC. "He has big plans — next he wants to complete Air Assault School, and I believe he can achieve anything he sets his mind to. He pushes himself harder than any-

one else and he accepts the challenges from his leaders."

"Its things we do every day as Soldiers," said Swanson. "All Soldiers should be able to ruck. Every Soldier should be able to run and do well on his PT test."

Swanson's accomplishments in the competition have left a lasting expression on Soldiers who are new to the unit

According to Denny, a Soldier who recently joined the unit said he wanted to participate in the next competition.

"My plan is to share my experiences with Pvt. Daven Gates, who is planning to represent 2nd SBCT next year in the competition, and all the silly mistakes I made in the competition I will be sure he will not make them," Swanson added.

## PMRC: Best of best named

**CONTINUED FROM A-1** 

yan, SBHC, were named PRMC Best Medic and will compete in the Medical Command Best Medic Competition, to be held Nov. 3-7, at Camp Bullis, Texas.

"It feels good to win. It was an honor to compete with these guys from PRMC," said Huck. "It's going to be a lot of fun and an excellent challenge when we go out to San Antonio. We are really looking forward to bringing the gold home to PRMC."

"It is going to be an extreme honor to represent PRMC in the MEDCOM Jack L. Clark Best Medic Competition," added Runyan. "This competition was very rough and I look forward to seeing all the competitors at the MEDCOM level."

As the Army is downsizing, competitions like the Best Medic help identify the best Soldiers, explained Master Sgt. Joel Thomas, TAMC Inspector General noncommissioned officer in charge, adding that it also helps motivate junior enlisted to compete.

"An important fact which we must acknowledge is the dedication and perseverance displayed by these Soldiers and their NCOs resulting in their attendance here today," said Thomas. "NCOs are the backbone of the Army. We must stay focused on the task of teaching and mentoring our Soldiers to be the very best they can be, including competing in events such as this and accomplishing other goals."

## DIVARTY: Reactivated unit to lead the way for Tropic Lightning's cannons

CONTINUED FROM A-1

Sr., DIVARTY senior enlisted leader. "We certify the battalions, making sure they're on the same sheet of music, then they go to the brigades for deployment."

Cardoni and Cabrera both said that

artillery battalions today are a little different than they were when DIVARTY was deactivated.

"The artillery battalions, as a whole, have evolved," Cardoni said. "They have a lot more capability than they used to when I was a captain or major in a battalion. Whether it's target acqui-

sition capability, better weapon systems or precision fires, they have a lot more they are responsible for within the artillery battalion."

One thing DIVARTY is not here to do is to tell the brigades what to do with their field artillery battalions.

 $\hbox{``We're one big team,'' Cardoni said.}\\$ 

"I don't intend to put a fence around this DIVARTY and say, 'This is ours and that's yours, and we'll go play with our stuff and you go play with your stuff.'

"We have to be the leaders in cooperation. We have to be the first ones to reach out in any situation to the ma-

neuver brigades and provide anything they need," added Cardoni.

With DIVARTY reactivated and taking on the operational-level planning for the division, the field artillery battalions, already lethal and effective, should only see their capabilities increase.



## Garrison initiatives address domestic abuse issues

GABRIELE CHAPMAN

Social Services Educator, Family Advocacy Program: Prevention, Education and Outreach Army Community Service U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS - Schofield Barracks leaders and community members joined together to honor victims of domestic violence and to challenge each other to prevent domestic violence, during the annual

Domestic Violence proclamation-signing event, here, Monday, hosted by the Family Advocacy Program (FAP). Garrison Commander Col.

Richard A. Fromm signed the proclamation, declaring October as Domestic Violence Awareness Month (DVAM), emphasizing the Army theme for 2015: relationships should be safe, respectful and positive.

"Domestic violence is a real problem here at U.S. Army Garrison-Hawaii," said Fromm. "We recorded higher spousal abuse rates (here) over the past five years, than compared to the rest of the Army. It is a problem everyone here in this room can fix. We need to get the word out and stop this. If you witness an incident of domestic violence ... do the right thing."

Guests entered the event by passing through a Silent Witness display, a purple runway lined with silhouettes representing known and unknown victims of domestic violence

A dining table with a lone place setting was arranged on one side of the conference room. The Empty Place at the Table display was created to mourn the loss and also memorialize the lives of women and children killed in acts of domestic violence.

The event, held at the Nehelani, began with a Hawaiian Oli, or chant, followed by an invocation by deputy garrison Chaplain James W. Blount. This was followed by the reading of chilling domestic violence statistics by FAP employees and Soldiers.

coordinator, read a poem entitled "Stopping the

War," written

women will experience domestic violence in her lifetime. Carren Ziegenfuss, victim advocate program

"There are many causes and conditions that contribute to domestic violence, and it takes a community effort to reduce the risk," according to the proclamation. "Without every one of us doing our part, our Army is not fully prepared to meet the mission of preventing domestic violence. As long as any Army

> Focus on relationships This year's theme highlights healthy relation-

Soldier or spouse suffers from

abuse, we have fallen short of

our goals for readiness."

cent of domestic violence perpetrators also

abuse children in the home, and one in four

ships: • Relationships require mutual trust and loyalty in order to feel safe. Feeling physically and emotionally safe in a relationship is crucial. Relationships need to be cultivated and require care to ensure they are healthy and safe.

• Relationships require mutual respect. Treating your partner with dignity

and respect is fundamental to a healthy relationship. Respect is what allows us to appreciate the best in the people we love.

• Relationships should be positive. Encourage each other to be a positive role model for your children. Children learn about relationships by watching the people they know best. It is everyone's responsibility to create a positive climate of respect and safety within the Army family.

Prior to the proclamation signing, Soldiers from two units — 74th Company, 303rd Ordnance Battalion, 45th Sustainment Brigade, 8th Theater Sust. Command; and Co. C, 1st Bn.,

U.S. Army Garrison-Hawaii Commander Col. Richard A. Fromm signs a proclamation, Monday, making October Domestic Violence Awareness Month throughout the installation.

21st Infantry Regiment, 2nd Brigade Combat Team, 25th Inf. Division — received their FAP annual training, a preventative program designed to educate Soldiers about domestic violence and child abuse. Following the training, the units attended the proclamation signing.

#### **October Domestic Violence** Awareness events

•Zumbathon, 9-11 a.m., Oct. 3, Schofield Barracks Health and Fitness Center

•10K Fun Run/Walk, 6:30-8:30 a.m., Oct. 24, SB ACS

Outreach Table/Food Drive

• Fort Shafter PX Market, 10 a.m.-1

p.m., Oct. 14

• Schofield Commissary, 10 a.m.-1 p.m., Oct. 17

## men and women, approximately 30 to 60 per-Family Advocacy strives to prevent Shaken Baby Syndrome

Teens who participated in a

healthy relationship workshop cre-

ated this clothesline display that promotes

from the perspective of a domestic violence

victim finally free from her perpetrator. The

poem ended with the following observation:

October because domestic violence affects

hurt me anymore."

"I'm peaceful. I've stopped the war. You can't

DVAM is recognized across the nation every

domestic violence awareness. (Photos have been altered from

GABRIELE CHAPMAN

Social Services Educator, Family Advocacy Program: Prevention, Education and Outreach Army Community Service U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS - U.S. Army Garrison-Hawaii Family Advocacy Program at Army Community Services (ACS) strives to reduce incidents of child abuse and Shaken Baby Syndrome by educating Soldiers and their families. Not only is it incorporated into

mandatory annual training for units, it is also included in replacements training for new Soldiers on the island.

According to the National Center on SBS, 1,200-1,600 infants and small children are diagnosed with Abusive Head Trauma (AHT), also known as SBS each year. Approximately 25 percent of the victims die and another 30 percent suffer serious, permanent disabilities.

I picked up baby Dennis from Kapiolani Medical Center for Women and Children. He looked horrible. His tiny face was red and scrunched up from crying. He had bald spots on both sides of his head, where the doctors had placed shunts to relieve the pressure in his skull. The nurse told me that he would be fussy because he was still in a lot of pain. To me, he was a stranger. I

didn't know anything about him. Did he like being held a certain way? Did he use a pacifier? Did he have a special toy or blankie? He smelled funny from all his hospital procedures. What if he cried like this all the time?

Three-month-old Dennis was a victim of Abusive Head Trauma or Shaken Baby Syndrome (SBS). In a moment of frustration, his dad shook him. Dennis became unconscious and his mom called 911.

Thankfully, he survived. I was his lucky foster parent, about to take him home to love and hold.

Victims can be up to 5 years old, and the average age of victims is between 3 and 8 months. However, the highest numbers of SBS occur among infants just 6 to 8 weeks old, when babies tend to cry the most (kidshealth.org). Long-term follow-up of the remaining survivors confirms that 25 percent who appear to suffer no immediate effects from shaking are diagnosed with learning disabilities or other delays after they reached

File photos

Awareness can defuse situations where parents may react out of frustration from a crying baby.

school age.

### Crying is a trigger

Inconsolable crying is the number one trigger in most SBS cases. The physical and emotional exhaustion that comes with having a new baby, coupled with the baby's

continuous crying, can push many parents over the edge. Out of frustration or anger,

some of these parents will violently shake, hit or throw their children. SBS occurs from forceful shaking, which causes the baby's immature brain to rotate in the skull cavity, damaging or destroying brain tissue.

Blood vessels leading to the brain can be torn, leading to bleeding, swelling and pressure within the skull, causing even more damage. Babies are extremely susceptible to SBS because their heads are extremely

heavy (making up about 25 percent of their total body weight) and their neck muscles are weak.

According to Donna Shock, ACS New Parent Support Program (NPSP) team lead social worker, parents should do the following when their baby is crying inconsolably:

- Check to see if baby is hungry, too hot or cold, or needs a diaper change.
- Try soothing techniques for baby such as playing music or white noise, or taking baby for a ride in the car.
- · If you think your baby is ill, call your pediatrician.

"If your baby continues to cry and you are feeling stressed, put your baby in a safe place (crib or bassinet) and leave the room for a few minutes to calm down," said Shock. "Or ask someone you trust to care for your baby while you take a break.'

In a national effort to prevent SBS, a campaign called the Period of PURPLE Crying was launched several years ago to help new parents understand that there is a very typical set of features of crying that all infants do in the first weeks and months of life.

The NPSP is a professional team of nurses and social workers that provides parenting support and education (for families expecting a baby, or who have chil-

dren under the age of 3) on a wide variety of topics, including preparing for a new baby, potty training, sibling rivalry and discipline.

### More on FAP

The Family Advocacy Program: Prevention, Education, Outreach (FAP-ED) also offers a variety of parenting classes. New parents can contact the ACS New Parent Support Program at 655-4ACS (Schofield) and 438-4ACS (Shafter) for help and tips in dealing with their baby. In addition, parents can contact the Child Help Hotline (1-800-4-A-CHILD), a 24/7 toll-free number in which they can talk to a professionally trained counselor and get help.



skulls and brains that make them vulnerable to shaking



### **Briefs**

### 5 / Sunday

NFL Sunday Ticket — Don't let living off of the West Coast interfere with those East Coast football games. Come to Tropics Recreation Center on Sundays and catch all the games! Facility opens 30 minutes before the first game starts. Tropics will also be open for Thursday Night Football and Monday Night Football. Patrons 18 and older welcome. Call 655-5698.

**NFL Sunday Ticket Family Brunch** — Are you ready for some football? Bring the family out and watch all your favorite teams play at Kolekole Bar & Grill every Sunday during football season. Brunch will be served for \$16.95 per adult and \$7.95 per child. Doors open 30 minutes before kick-off of first game. Fun, games and prizes all morning long. Call 655-4466.

### 6/ Monday

Family Bowling Night — Join Schofield Barracks Bowling Center every first Monday for Family Bowling Night! For \$50, a family (up to five people) have two hours of bowling, shoes, a large pizza and a pitcher of soda. Open to active duty and veteran military families, subject to availability. Reservations required. Call 655-

### 7/ Tuesday

Mosaic Workshop — Learn to make your own mosaic piece, 5-8 p.m., at the Arts and Crafts Center. Learn to plan, design, cut, paint and grout your own creative piece Tuesday nights in October. Workshop cost of \$80 includes supplies. Call 655-

### 8/ Wednesday

Columbus Day Sale — Nagorski's Pro Shop Columbus Day sale runs through Oct. 15. All items \$20 or more will be discounted 20 percent, and 10 percent off all sale items. Stock up on golf equipment or snag a deal for the golf enthusiast in your life. Sale does not apply to special orders. Call 438-

**EDGE Home School Adven**ture Kayaking — In partnership with Outdoor Recreation, learn to kayak at White Plains Beach for a twoday series, Oct. 8 & 22, for \$20. Participants should be in 1st-12th grade and proficient swimmers. Call 655-9818.

ALOHA FESTIVALS PARADE



Photos by Lacey Justinger, U.S. Army Garrison-Hawaii Public Affairs

HONOLULU — Soldiers and military families walk in the Aloha Festivals Floral Parade to honor Gold Star Mothers and Families, Sept. 27, along Kalakaua Avenue in Waikiki.

The Survivor Outreach Services float featured a koa wood canoe, ti leaves, and boots and photos of fallen service

"It takes a special kind of strength to survive so great a loss," said Col. Richard Fromm, commander, U.S. Army Garrison-Hawaii. "They bear a burden each and every day, yet they resolve to carry on; they inspire us. We owe all survivors our utmost gratitude, respect and support. Never forget their sacrifices; never forget the Soldier who fills their hearts.' Gold Star Mothers Day and Gold Star Families Day is held on the last Sunday in September to honor the service mem-

bers who paid the ultimate price in service to their country and to recognize the sacrifices of the ones left behind. (Below) Boots with photos and family memorabilia are prominent parts of the Gold Star Mothers and Families float for the Aloha Festivals Floral Parade, Hawaii's largest annual parade event.



Teen Manga Club — If you're a teen who's interested in manga, Sgt. Yano Library, SB, 3 p.m., is the place for you on the second and fourth Wednesdays of the month. These free semi-monthly manga meetings feature a talk about how to improve the manga collection, sharing of artwork and other activities. Open to youth ages 12-17. Call 655-8002.

### 11/Saturday

Intro to Surfing — Learn to surf with Outdoor Recreation 8:30 a.m.-12:30 p.m. at Pokai Bay. Cost is \$59 per person and includes all equipment and transportation. Open to patrons ages 10 and over, and must be able to swim. Call 655-0143.

Paint and Glaze your own Ceramic Pumpkin — Have fun painting your carved ceramic pumpkin, 9:30-11:30 a.m., and display it on Halloween at the Arts and Crafts Center.

Family-oriented workshop cost is \$40/large pumpkin and \$30/small pumpkin. Call 655-4202 for more information.

### **Ongoing**

Workweek Lunch — Enjoy lunch from 11 a.m.-1 p.m for only \$10.95 per person at SB's Kolekole Bar & Grill and FS's Mulligan's Bar & Grill. Order off the menu or help yourself to the delectable, multi-item buffet. Call 655-4466 (SB) or 438-1974 (FS).

Review menus at www.himwr. com/dining/kolekole-bar-a-grill/ kolekole-lunch-buffet and www.himwr.com/dining/hale-ikena/hale-ikena-lunch-buffet-menu for the week's lunch specials.

**CYS Services School Liaison** Office - The USAG-HI School Liaison Office has opened an office at

AMR. Office hours are Tuesdays and Thursdays, 9-4 p.m. The office is located in Bldg. 1782, next to the SKIES

**Breakfast Specials** — Hale Ikena is now serving breakfast, the most important meal of the day. Start your day with a delectable breakfast special at the Hale Ikena. Serving times are Thursday-Sunday at 7 a.m. Call 438-1974 for more information.

**Auto Repairs** — Auto Repairs services are now offered by Tech-Center Hawaii at the Schofield Barracks Auto Skills Center. Get quality repairs at affordable prices. Call 888-2931 or 769-7454.

**SKIES Unlimited** — Check out the new programs for CYS Services SKIES Unlimited at Schofield and AMR studios at www.himwr.com.

### worship Services Additional religious services, children's programs, education-

al services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

AMR: Aliamanu Chapel Fort DeRussy Chapel Helemano Chapel Main Post Chapel, Schofield Barracks

Aloha Jewish Chapel, Pearl Harbor Soldiers' Chapel, Schofield Barracks

TAMC: Tripler Army Medical Center Chapel WAAF: Wheeler Army Airfield Chapel

#### **Buddhist Services** •First Sunday, 1 p.m. at FD

Annex Catholic Mass

•Fourth Sunday, 1 p.m. at MPC

- •Thursday, 9 a.m. at AMR •Saturday, 5 p.m. at TAMC, WAAF
- Sunday services: - 8:30 a.m. at AMR
- -10:30 a.m. at MPC Annex -11 a.m. at TAMC
- •Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

### **Gospel Worship**

- •Sunday, noon. at MPC •Sunday, 12:30 p.m. at AMR
- **Islamic Prayers and Study**

### •Friday, 1 p.m. at MPC Annex

- •Friday, 2:30 p.m., TAMC •Saturday and Sunday, 5:30 a.m.;
- 6, 7 and 8 p.m. at MPC Annex Jewish Shabbat (Sabbath)

### Pagan (Wicca)

•Friday, 7:30 p.m. at PH

•Friday, 7 p.m. at MPC Annex Room 232

#### **Protestant Worship** •Sunday Services

- -8:45 a.m. at MPC
- -9 a.m., at FD, TAMC chapel
- -10 a.m. at HMR
- -10:30 a.m. at AMR -10:45 a.m. at WAAF
- (Spanish language)
- -11 a.m. at SC
- (Contemporary)

Liturgical (Lutheran/ Anglican)

•Sunday, 9 a.m. at WAAF



Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing. As Above, So Below

Fri., Oct. 3, 7 p.m.

**Fury** 

Studio appreciation

**Free Admission** 

for this advanced

screening.

No ticket needed.

(R) Sat., Oct. 4, 5 p.m. (Doors open at 3 p.m.)

When the Game

**Stands Tall** 

(PG)

Sun., Oct. 5, 2 p.m.

## community Calendar

Send announcements a week prior to publication to community@ hawaiiarmyweekly.com.

### Today

First Friday Street Festival — Created in 2003, Chinatown area galleries and other arts venues open their doors, 5-9 p.m., each first Friday of the month for artist receptions, live music and refreshments. These events are free and open to the public and attract tens of thousands of people downtown each year. Gallery walk maps are available at various locations in the area. Call 521-2903.

### 4 / Saturday

**Flu Immunization** — TAMC is pleased to offer our members Saturday Flu Drives at the Family Medicine Clinic, 8 a.m.-noon, Oct. 4 and 18.

If you are enrolled at Tripler Family Medicine and are 6 months of age or older, come in and do your part in protecting yourself and everyone around you. Fight the flu!

Teen Party in the Pacific — Oahu Military with Teens, with the help of MWR Pearl Harbor, USO, SB Teen Center and the Pacific Aviation Museum, presents a WWII-themed dance, 6-10 p.m., Oct. 4, at the Pacific Aviation Museum with swing dance lessons. The 25th ID Big Band will entertain with era-specific music. We will also have VIPs, flight simulators,

snacks and photo opportunities. There is a \$5 charge for the dance that will go directly to the museum. Please follow Oahu Military with Teens for updates and volunteer opportunities, as well as future dances, or call 910-703-9264.

### 5 / Sunday

Children and Youth Day — The event features hundreds of booths, food trucks and five stages of live music. It's the largest children's event in the state, 10 a.m.-3 p.m. at 415 S. Beretania St., Honolulu. Visit www.childrenandyouthday.com or call 586-6130.

### 6 / Monday

Poetry and Art Exhibition — Runs through Oct. 9 at Honolulu Hale (City Hall) Courtyard.

On display will be original poems

of various themes accompanied by paintings, drawings, photographs and ikebana, presented by the Korean Literature Association of Hawaii.

### 7 / Tuesday

Free Waikiki Hula Show — Outdoor, informal Kuhio Beach hula show, 6:30-7:30 p.m., Tuesdays, Thursdays and Saturdays offers an introduction to this iconic and most essential sample of Hawaiiana. Call 843-8002.

### 11 / Saturday

Mililani Town Center — The Royal Hawaiian Band performs at noon in the town center.

Naval Air Museum — This nonprofit museum, located in Bldg. 1792, Midway Rd., Kalaeloa Airport, Kapolei, focuses on the history of aviation in Hawaii. Cost is \$7, adults; and \$5, keiki, under 18. Visit www.nambp.org or call 682-3982.

Pearlridge Farmers' Market - Browse more than 40 booths featuring Oahu produce and locally inspired artisan foods, 8 a.m.-noon, every Saturday, Pearlridge Center downtown, in the Sears parking lot. Visit www.haleiwa farmersmarket.com/pearlridge.

### 17 / Friday

BayFest — Concert tickets for BayFest music concerts, including country musician Rodney Atkins and rock group Smash Mouth, are on sale for individual nights during the Oct. 17-19 festival at www.Bay FestHawaii.com. Authorized patrons may also purchase tickets at any military ticket outlet beginning the same day. BayFest includes three days of music and family fun at Marine Corps Base Hawaii, Kaneohe Bay.

### 18 / Saturday

BayFest Body Search - Potential contestants are invited to enter the Oct. 18 event at 3 p.m. at Marine Corps Base Hawaii, Kaneohe Bay. Entries will model fitness and swimsuit attire, and will be judged on personality, physique and interviewing skills. A panel of judges will select the winners, and the first-through thirdplace male and female finishers will take home cash and prizes. Entry forms are available at www.BayFest Hawaii.com. Call 254-7597.

Mary Poppins — Diamond Head Theatre celebrates the opening of its 100th season with this beloved family story. Performances run through Oct. 19, Thursdays-Sundays. Call 733-0274 to charge tickets by phone.

### 19 / Sunday

#### Calendar abbreviations 8th TSC: 8th Theater Sustainment

Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company gram

ASYMCA: Armed Services YMCA

CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Pro-

FMWR: Family and Morale, Welfare and

FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities

PFC: Physical Fitness Center

SB: Schofield Barracks

Recreation

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-

Hawaii

USARPAC: U.S. Army-Pacific

WAAF: Wheeler Army Airfield

November Man

Thurs., Oct. 9, 7 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

OMMUNITY HAWAII ARMY WEEKLY OCTOBER 3, 2014 | B-3

## Volunteers help protect Mākua endangered plants

VIMBEDI V WEI CH

Environmental Outreach Specialist, Oʻahu Army Natural Resources Program, Directorate of Public Works U.S. Army Garrison-Hawaii

MAKUA MILITARY RESERVATION — In spite of the damp weather forecast, ten Oʻahu residents gave up their Saturday to help control invasive weeds in Kahanahāiki, the northern Ahupuaʻa (traditional Hawaiian land division) of Mākua Valley.

The native forest of Kahanahāiki is home to several endangered species, including the hāhā, or Cyanea superb subsp. superba, a plant that nearly went extinct in 1995. Fortunately, before the last five Cyanea died-off, staff from the Oʻahu Army Natural Resources Program (OANRP), Directorate of Public Works, U.S. Army Garrison-Hawaii, were able to collect fruit from these plants, and later grow new Cyanea from the seed in the OANRP nurseries.

Today, hundreds of Cyanea have been returned to the Kahanahāiki forest as staff and volunteers work to stabilize this fragile species by improving habitat and removing threats.

### National Public Lands Day honoree

The task for Saturday's group was to control the invasive downy wood fern, Cyclosorus dentatus, an aggressive fern that has begun to blanket the slopes around the endangered Cyanea. The weeding took place on the 21st Annual National Public Lands Day, the largest single-day volunteer effort for public lands in the U.S.

The project was selected as a recipient of a National Public Lands Day, Department of Defense Legacy Award, and staff from the OAN-RP used the award money to purchase new volunteer tools to support long-term restoration goals for this critical habitat.

#### Fieldwork

Like most days in the conservation field, the day began with a hike. Staff and volunteers traversed along a rugged, hot, mountain ridge trail for thirty minutes, transporting heavy packs filled with weeding tools, before dropping down into the shady gulch habitat of the Cyanea. The temperature difference and scenery change from ridge to valley was dramatic. The blazing sun from above filtered out through a multitude of tree layers, including a canopy of sixty-foot tall koa and kukui trees, shorter-statured mamaki (a native nettle tree), giant tree ferns (Hapuʻu), and the stunningly beautiful Cyanea in full bloom.

"When you descend into the gulch and suddenly see the ten-to-fifteen-foot-tall endangered Cyanea," said Roy Kikuta, a regular volunteer with OANRP, "it just takes your breath away."



Oahu Army Natural Resources Program staff

Volunteer Catherine Upton helps to control the invasive Cyclosorus dentatus fern to help improve habitat for the endangered Cyanea superb subsp. superba in Kahanahāiki.

As Kikuta and many other volunteers took time to photograph the ivory blooms of the Cyanea, the group's collective gasp could be heard with the sudden appearance of the state insect, the native Kamehameha butterfly (Vanessa tameamea). Camera lenses quickly shifted focus to capture images of this beautiful red and black insect as it hovered around the numerous mamaki trees (the primary host plants for the Kamehameha butterfly).

"This area is wonderful," exclaimed Mokulē'ia resident, Kelly Perry. "The native plants, the Cyanea, the native butterfly — it

feels like an ecosystem. These days, few people get to see native Hawaiian animals and plants interacting and we are seeing Kamehameha butterflies landing on mamaki before our eyes!"

Once the excitement over the butterflies died down, OANRP staff spent time orienting the volunteers to a few target weed species in the area. Handsaws and pruners were handed out and weeding goals were outlined for the day. Controlling the invasive downy wood fern proved to be the most challenging of tasks. Volunteers were shown how to clip each frond from the plant's long rhizome (horizontal stem) and how to then apply small drops of herbicide to each cut along the rhizome.

The work was tedious and required a lot of focused attention. Look away for a second and the stem that was just cut becomes invisible, lost in the leaf litter of the forest. Untreated stems (without herbicide) grow back ... which cancels out the weeding efforts. Volunteers worked as a steady wave of weeders across the sloping terrain, clearing approximately 250 square meters of dense weeds in three-and-a-half hours.

"It was gratifying to see the amount of area we covered," commented Perry. "Even though the weeding was very detailed, we were really able to accomplish a lot because we had so many people working together."

#### Become a volunteer

The Oahu Army Natural Resources Program staff leads monthly volunteer service trips to protect rare and endangered plants and animals on Army-managed lands. All trips are open to the general public on a first-come, first-served basis.

Register for volunteer service trips online at http://oanrp.ivolunteer.com.

For more information on volunteer service trips, contact the Environmental Outreach Specialists, U.S. Army Garrison-Hawaii's O'ahu Army Natural Resource Program at 656-7741 or outreach@oanrp.com.

## **Breast cancer earns DeCA** recognition

### 'Go pink' goes to the Commissary

**SALLIE CAUTHERS** 

DeCA Marketing and Mass Communication Specialist

FORT LEE, Va. — Commissary shoppers will see lots of pink in October.

"Throughout October, our customers will find samplings and demonstrations in recognition of National Breast Cancer Awareness Month," said Tracie Russ, DeCA's director of sales.

In observance of National Breast Cancer Awareness Month, DeCA's industry partners - vendors, suppliers and brokers are collaborating with commissaries to offer everyday savings such as the following promotions:

•Apple and Eve's Northland juice

soring its 6th annual "Drink To Pink" sale. Along with great prices and coupons, the company will donate 25 cents per bottle up to \$25,000 to the National Breast Cancer Research

•Hardies Fresh Foods is offering specials on the following products: Naturesweet Tomatoes, Fresh Express Salads, Kitchen Pride Mush-

rooms, and Fresh from Texas (pre-cut items). There will

be pink, reusable grocery bags given away with the purchase of one of their pink produce items.

"Check with your local commissary to see what type of pink product specials and store events will be offered and for details on dates and times for any promotions," Russ said. File photo

During October DeCA vendors, suppliers and brokers will support breast cancer awareness brand is spon- through a variety of promotions.



#### Online

Commissary patrons are also reminded to continually check the DeCA website at www.commissaries.com, select the "Shopping" link and click on "Sales & Events" tab for the latest in promotional information.



### We Recycle

Did you know that when you recycle, the Garrison earns money? Keep recycling!



## Snoring stirs 'I Love Lucy' ideas

A fellow military spouse once told me that I reminded her of Lucille Ball's character in the iconic 1950s television show, "I Love Lucy." I'm a throwback kind of gal, so I took the

comparison as a generous compli-

However, although I can totally relate to Lucy as a scatterbrained housewife, yearning to make it in showbiz (well, writing, anyway) and I think I'd look fabulous with a fiery ginger updo, hot red lipstick, and a crinolined, polka-dot dress, Lucy had one thing I only dream about.

Lucy slept in a twin bed.

Insignificant detail, you say? Well then, why was Lucy so darned brighteyed and bushy-tailed while I grope through my days in a perpetually drowsy fog? It's the twin bed, I tell you.

Despite her ditzy disposition, Lucy was smarter than you think. She knew better than to snuggle up to snoring Desi night after night. When it was time to get her 40 winks, she did it right, snoozing soundly, all the way across the room. I, on the other hand, climb into bed each night with my husband of 20 years, and pray that I can manage to squeeze in five meager hours of shuteye over the racket of my husband's rattling airways, located mere inches from my eardrums.

Mercifully, my husband is not a snorer who continually emits the decibel equivalent of a gas-powered buzz saw night after night. He is an inconsistent snorer, producing anything from mild wheezing, to mattress-vibrating snorting, and every buzz, rumble, snuffle and gasp in between.

Some evenings, my husband's slackened sinuses project nothing more than a steady nose whistle punctuated by soft snorts here and there, and I am able to get a decent night's sleep using a strategic combination of earplugs, elbowing and whispering, "Honey, turn on your side!" But typically, his snoring is more relentless, waking me several times throughout the night and turning my mornings



into something out of "Dawn of the Living Dead."

Contributing Writer

And on evenings when my husband makes the mistake of partaking in scotch and cigars with our base neighbors around our fire pit, his snoring is so loud that I have been known to grab my pillows and retreat to the silence of our living room couch.

Recently, a Finnish study found that women who suffer from chronic sleep

deprivation have significantly impaired ability to maintain peak cognitive performance. Furthermore, current headlines read "For snoring spouses, separate beds may save marriage," "More couples getting 'sleep divorces'," and "When happily-ever-after means separate beds." It seems that, scientifically, twin beds might be good for our relationship.

But the problem is, I can't help but feel guilty when I stomp off to sleep on the couch.

Lucy and Desi got away with it, but in today's society, sleeping in separate beds gives the impression that there's something wrong in the marriage. As much as I secretly love to have our bed to myself when my Navy husband is away from home, I'm not willing to suggest that we trade in our queen for

a of couple twins. So, instead of Lucy's hot red lipstick, I will apply concealer to the bags under my eyes, and hope that, despite my chronically impaired cognitive performance, I will remember that love is definitely worth losing sleep over. (A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, "The Meat and Potatoes of Life," which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)

File photo

The author wrestles with thoughts of "I Love Lucy" era twin beds sometimes when her husband ratchets up the snoring.

## Wheeler Middle School joins the 'global community'

SCHOOL LIAISON OFFICE

Child, Youth and School Services Directorate of Family and Morale Welfare and Recreation U.S. Army Garrison-Hawaii

WHEELER ARMY AIRFIELD — Goodwill, international friendships, ohana — these words were consistently used during a recent visit to Wheeler Middle School by Saiga Masamitsu, mayor, Kawachi, Japan; Ono Shigeru, education director, Kawachi; and Masako Nashimoto Luttrell, president, Nashimoto & As-

Masamitsu, Shigeru, Luttrell, joined by four Japanese council members from Kawachi, met with Wheeler Middle School administrators to discuss a planned visit of Japanese students to the school next

The anticipated visit will be a first for Kawachi Junior High School and Kanaetsu Junior High School students, who will be attending classes with the Wheeler Middle School students for two days.



Wendy Nakasone, Child Youth and School Services, FMWR

Masako Nashimoto Luttrell, president, Nashimoto & Associates, and Saiga Masamitsu, mayor, Kawachi, Japan, thank Wheeler Middle School students for their band performance, Sept. 24.

"This experience will provide an opportunity for all students to interact with each other and talk about different cultures," Luttrell

said as she spoke with the school administrators. "It will also provide our students with first-hand experience in learning the spoken English

School administrators and Erin Mendleson, special education department chairwoman. Wheeler Middle School, are planning on initiating a pen-pal program soon to prepare the students for their the planned visit to the school.

Mendelson said that this experience will be beneficial for the Wheeler students as well.

"Our eighth graders will gain the opportunity to become part of a global community," said Mendelson. Through this cultural exchange, students will engage and make new friends with peers from across the

The Japanese students who will be selected to participate in this program will attend a school in a district that offers English-language instruction as a top priority.

"Many Japanese can read and write English because it is taught in school," Luttrell said. "However, the majority of those cannot speak English because Japanese teachers are not fluent in the English language.'

"I would like my people to speak English at a much earlier stage so that they can speak with the American business people that are in Japan and around the world," Masamitsu emphasized.

The dignitaries also visited the art and music classrooms at Wheeler Middle School and Masamitsu came away from the experience very impressed with the students.

"If you interact with students from Japan and all over the world, then it may broaden your horizon and you will become friends and everyone around the world will be family," he expressed through his interpreter.

He thanked the students for their performance.

"Your music is happy and that makes me happy. It's beautiful to see your beautiful shining eyes and faces just like the students in Kawachi."

Although the coordinators are planning for next school year, the hope is that this program will continue for years to come.

children face unique chal-

## Exchange rewards students with "You Made the Grade"

Good marks earn students special AAFES offers

> HAWAII ARMY AND AIR FORCE **EXCHANGESERVICE**

News Release

SCHOFIELD BARRACKS/HICKAM JBPH — Military students can turn good grades into rewards with the Army and Air Force Exchange Service's "You Made the Grade" program.

From first-graders to high school seniors, pupils who maintain a "B" average or higher are eligible for the program, which recognizes academic excellence.

The "You Made the Grade" program rewards military students with a coupon booklet filled with free offers and discounts, including a free regular 6-inch Subway sandwich and a Burger King Tendergrill chicken sandwich.

Those who "make the grade" will also score Snack Avenue coupons for a free 16-ounce drink and a complimentary hot dog.

Other offers include \$5 off a \$25 iTunes gift



File photo

Maintain a "B" grade point average and military students will earn Exchange rewards.

card, as well as discounts on clothing and shoes. Students with a "B" average or better can also enter the "You Made the Grade" semiannual sweepstakes to receive gift cards worth \$2,000, \$1,500 or \$500.

'The Hawaii Exchange is proud to reward military students who make it their mission to do well in school," said Hawaii Exchange General Manager Floyd Wynn.

"Servicemember

lenges inside and outside the classroom," he said, noting MilitaryFamily.org reports that most military children will attend nine different schools from kindergarten through 12th grade. "The Hawaii Exchange recognizes these students' challenges, and they deserve to be rewarded." Entries for the gift

card sweepstakes drawing can be submitted twice a year, with draw-FORCE EXCHANGE SERVICE June and December. ings typically held in

### How to earn rewards

Students, including those who are home-schooled, can receive a "You Made the Grade" coupon booklet by presenting a valid military I.D. and proof of an overall "B" average at the Schofield Barracks and Hickam Exchange customer service

department. Eligible students can pick up one coupon booklet for each qualifying report card.

Students and guardians can visit the Schofield and Hickam Exchange for more information about the "You Made the Grade" program.

B-6 | OCTOBER 3, 2014 HAWAII ARMY WEEKLY HER

# Teen warning signs can be real

SARA L. HILL, CLINICAL SUPERVISOR

Army Center for Substance Abuse Pacific Regional Health Command

SCHOFIELD BARRACKS — Teen suicide is a very pertinent issue today in the United States. While "suicide" sounds very scary, it is 100 percent preventable given that each one of us contributes to the wellness and resiliency of our teens.

With child development accelerated and the many transitions and challenges our teens face daily, it is necessary to take time to discuss a safety plan and resources available.

#### Here are some facts:

• According to the Center for Disease Control (CDC), in our society suicide is the third leading cause of death among persons aged 15 to 24, and suicide is the fourth leading cause of death for children between the ages of 10 to 14.



File photo

Look behavioral changes from your teen that signal warnings of depression. among the 15- to 24-year-olds, suicide accounts for 20 percent of all deaths annually.

• The CDC also reports that

• The CDC also reports that 60 percent of high school students claim that they have thought about committing suicide, and around nine percent of them say that they have tried killing themselves at least once.

### What can you do?

As a parent, it can be helpful to have open communication with your child about how to create an awareness of risk factors they may already have

such as: depression, substance abuse disorder, a family history of suicide, or exposure to childhood traumas.

Then look for signs while observing your teen daily, look for significant changes in behavior such as depression, substance abuse, talking/writing/blogging/texting about wanting to die or kill oneself; searching online about "how to" do things like overdose, and/or other harmful actions; talking about feeling hopeless or having no reason to live; sleeping patterns changing significantly; displaying mood swings and beginning to isolate from others; and giving up on activities, sports or goals

See Teens, B-7

### **ASACS Support**

If you have questions, want to talk with a counselor, or learn about adolescent trends and strategies to prevent risks, and/or how to access support, please call ASACS at 655-9944. ASACS is a confidential, voluntary and free program for military dependents and their parents. We have offices at several schools near the Army installations, and at Schofield, AMR, and Fort Shafter.

### USE YOUR HEAD WEAR A HELME



**SPORTS & FITNESS** HAWAII ARMY WEEKLY OCTOBER 3, 2014 | **B-7** 

## Hale Kula hosts 10th annual cross country gathering

JERRY BEVACQUA

Hale Kula Elementary School

SCHOFIELD BARRACKS — Hale Kula Elementary School hosted its 10th Annual Cross-Country Invitational at Watts Field, Sept. 25.

The annual meet is de-



fitness and develop sportsmanship.

Third, fourth and fifth grade students from the seven elementary schools that make up the Leilehua Complex (Hale Kula, Wheeler, Solomon, Helemano, Wahiawa, Ka'ala and Iliahi) to competition.

There were almost 300 runners who ran in six races. Approximately 200 spectators

the complex participated.

Volunteers and support came from 28 military volunteers from Headquarters and Headquarters Battalion, 25th Infantry Division, and the Better Opportunities for Single Soldiers, or BOSS program. Soldiers served as course marshals, pacers and guides, while they also provided encouragement to the student

the field and cleaning up at the events conclusion.

Leilehua High School varsity cross-country coach Arnold Abangan and 15 of his runners also lent their support. The high school students offered an inspirational address at the beginning of the program. The talk focused on the importance of academics and outlined key attributes of a Leilehua High School athlete, including leadership, humility and service. They encouraged the elementary school students to do their best in school and in athletics.

During the races, the high school students served as "rabbits" for each race, leading the way around the course while they encouraged all the young runners to perservere.

The final evaluations from the participating schools and their administrators were all favorable. The children had a positive learning experience. Every finisher received a ribbon. Medals were handed out to the top three finishers in each race.

Hale Kula Elementary will continue this cross country invitational next year, as the event continues to grow. For

the many military dependent and transient children at the complex schools, this crosscountry experience is something they will remember in

the future when they are at their next duty station.

(Editor's note: Bevacqua is a physical education teacher at Hale Kula.)



A volunteer runs with the students and encourages them at Hale Kula Elementary School's 10th Annual Cross Country Invitational, Sept. 25. (Photo has been altered from its original form;



## 'Triad' advice progresses to Week 18

ACE (the American Council on Exer-

cise-library-main/.

cise) at www.acefitness. org/ace fit/exer-

U.S. ARMY GARRISON-HAWAII **Public Affairs** 

SCHOFIELD BARRACKS — Check your progress.

Track your progress this week with the SAN (Sleep/Activity/Nutrition) 18-Week, Check-in Tracking Chart at the end of the chal-

Have your SAN habits improved? If not, keep striving to live and maintain a healthy lifestyle!



File photo Ease neck pain by  $finding\,the$ right pillow.

**Sleep Goal** Do vou wake up

with neck pains? It may be your pillow. Find a pillow with a shape and a firmness that comfortably supports your head and

**Activity Goal** 

Remember musclestrengthening activities are also needed for overall health.

Do at least two days of strength or resistance train-

ing per week. Get exercise ideas from

### **Online**

Visit this website for recipes and to learn when fruits and vegetables are in season: www.fruitsand veggiesmorematters.org/ what-fruits-and-vegeta bles-are-in-season.

warnings

**Teens:** See

**CONTINUED FROM B-6** 

that have been important

to your teen. Additionally, consider helping your teen identify and cope with challenging situations such as arguments with friends or even

parents or failed tests. • Implement the Resilience and Performance Skills taught through our Comprehensive Soldier Family Fitness Program.

•Take action. Should you grow concerned about the possibility of suicide for your teen, do not hesitate to take action.

### **Nutrition Goal**

Save money by buying produce in